

How to Prevent Post Void Dribble

Definition:

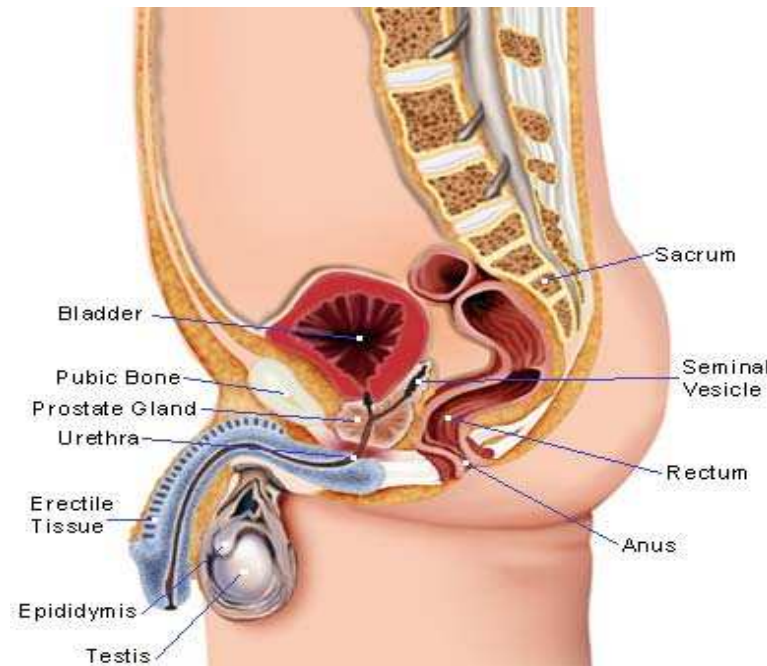
Post-Void dribble occurs in men when a small amount of urine escapes out of the tip of the penis, up to several minutes after voiding. The man may not be aware that the urine is leaking.

Usually, it is caused by a pooling of urine in the middle segment of the male urethra (tube that is at the base of the bladder and where the urine passes through) called the bulbar urethra. The main reason may be because the urethra has lost muscle tissue that supports it. This problem is helped by a technique, which allows the urine to empty out of the bulbar urethra.

How Do I Express the Urine?

At the end of voiding, use the pads of your finger to exert a firm, upward pressure behind your scrotum.

Now, move our fingers forward in a stroking motion. Strtoking will assist in “milking” out the trapped urine.



If you have further questions, or to make an appointment, please call (516) 627-6188 Extension 149 Or Visit our Website at <http://www.urologyassociatespc.com>